

My One and Only

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Improver Cha Cha

Choreographer: Francien Sittrop (April 2009)

Music: Anthony Callea - Hurts so Bad

Start : After 32 counts on Vocals

(1 - 9) Side, Rock back, Recover, Side, Close, ¼ R step R fwd, Step L fwd, Touch R , R Mambo Fwd , Step Back

- 1 Step L to L side,
- 2 - 3 Rock R back , Recover on L
- 4 & 5 Step R to R side, Step L next to R, ¼ Turn R and step R fwd (3.00)
- 6 - 7 Step L fwd, Touch R to R side
- 8 & 1 Rock R fwd, Recover on L, Step R back

(10-17) ½ L , ¼ L side , Sailor step, Cross, Kick, Behind , ¼ R fwd, L fwd

2 - 3 ½ Turn L step L fwd, ¼ Turn L step R to R side (6.00)

- 4 & 5 Step L behind R, Step R next to L, Step L to L side
- 6 - 7 Cross R over L, Kick L to L fwd
- 8 & 1 Cross L behind R, ¼ Turn R step R fwd, Step L fwd (9.00)

(18-24) Cross Rock, Recover ,Side Shuffle, Cross Rock , Recover , Side

- 2 - 3 Cross Rock R over L, Recover on L
- 4 & 5 Step R to R side, Step L next to R, Step R to R side
- 6 - 7 Cross Rock L over R, Recover on R
- 8 Step L to L side

Option: count 4 & 5 : Triple Turn R

(25-32) Behind, ¼ L, Step Fwd, Pivot ½ Turn L, ¼ Turn L , Rock Behind, Recover, Side, Close

- 1 Cross R behind L
- 2 - 3 ¼ Turn L step L fwd, Step R fwd (6.00)

4 - 5 Pivot ½ Turn L(weight on L), ¼ Turn L step R to R side (9.00)

6 - 7 Rock L behind R , Recover on R

8 & Step L to L side, Step R next to L

Start Again

Website : <http://franciensittrop.come2me.nl>

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=77546